

## **CHARRED HALLOUMI WRAPS**

with Sweet Potato Wedges and Yoghurty Carrot Salad





## **HELLO HALLOUMI**

The UK eats more of this cheese than anywhere else in the world outside its native Cyprus.







Smoked Paprika



Carrot

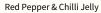


Baby Gem Lettuce



Halloumi







Greek Yoghurt



Whole Wheat Soft Tortillas



35 mins



2.5 of your 5 a day



Veggie

## **BEFORE YOU** START

Our fruit and veggies need a little wash before you use them! Make sure you've got some Baking Paper, a Baking Tray, Coarse Grater, Mixing Bowl, Frying Pan, some Foil and some Kitchen Paper. Now, let's get cooking!



**ROAST THE WEDGES** Preheat your oven to 220°C. Chop the sweet potato into wedges about 2cm thick (no need to peel!). Put them on a lined baking tray and drizzle over some oil, the smoked paprika and a pinch of salt and pepper. Mix together to make sure the **wedges** are nicely coated, then roast on the top shelf of your oven until crispy, 25 mins. Turn halfway through cooking.



**PREP TIME** Meanwhile, remove the top and bottom from the **carrot** (no need to peel!) and grate on a coarse grater. Tip into a mixing bowl and set aside. Remove and discard the root from the baby gem lettuce, then slice thinly. Add to the bowl with the carrot. Cut the halloumi widthways into four slices per person.



**MAKE THE DRESSING** Pop the red pepper and chilli jelly into a small bowl and loosen with a spoon, then stir in three-quarters of the Greek yoghurt.



**NUTRITION PER** PER SERVING PER **UNCOOKED INGREDIENT** 574G 100G Energy (kcal) 899 157 (kJ) 3759 655 42 Fat (g) 23 Sat. Fat (g) Carbohydrate (g) 89 15 Sugars (g) 28 5 Protein (g) 42 5.15 0.90

**INGREDIENTS** 

1

11/2 tsp

2

1 block

1 pot

1 pot

1

2 tsp

3

11/2

blocks

1 pot

1 pot

1

1 tbsp

2

2 blocks

2 pots

2 pots

8

Nutrition for uncooked ingredients based on 2 person recipe.



Sweet Potato

Carrot

Jelly

Smoked Paprika

Baby Gem Lettuce

Red Pepper & Chilli

Greek Yoghurt 7)

Whole Wheat Soft

Halloumi 7)

Tortillas 13)

7) Milk 13) Gluten



**CHAR THE HALLOUMI** Heat a splash of **oil** in a frying pan on medium-high heat and lay in the halloumi. Cook until golden, 3 mins on each side, then transfer to a plate and cover with foil. \*TIP: If your pan isn't quite big enough, fry the halloumi in batches.



TOAST THE TORTILLAS Once the **halloumi** is cooked, wipe out your pan with some kitchen paper, pop it back on medium-high heat and lay in one of the tortillas. Toast until slightly charred, 1-2 mins on each side, then remove to a plate and cover with foil to keep warm. Repeat for the other **tortillas** (you need two per person). ★ TIP: Don't leave them in the pan too long or they will get too crispy!



**ASSEMBLE AND SERVE** Mix the **yoghurt dressing** into the **carrot** and lettuce. Assemble the wraps; add the halloumi first, then spoon on some yoghurty carrot salad. Roll up and serve with the sweet potato wedges. Use the remaining yoghurt for dipping. **Enjoy!** 

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these between uses.

THUMBS UP OR THUMBS DOWN?

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